Ottawa metro

Your essential daily news | WEEKEND, JUNE 30-JULY 4, 2016 High 29°C/Low 13°C Sunny

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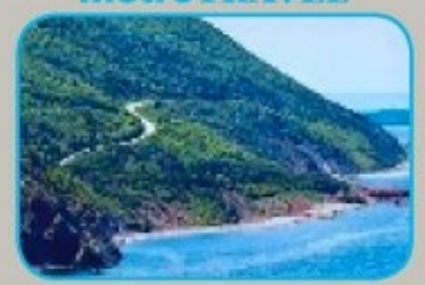

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EDMONTON

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"The ocean and the mountains and the climate.

HAVE YOUR SAY: Your picks, pages 10-11

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metro NEWS
Your essential daily news
Weekend, June 30-July 4, 2016

Happy Canada Day!
Metro is back on July 5. We hope you have an enjoyable holiday.

Hola, amigos!

1 The three amigos take part in the North American Leaders' Summit at the National Gallery of Canada
SEAN KILPATRICK/THE CANADIAN PRESS

2 A young protester pats a dog dressed for the occasion during a demonstration against the Trans-Pacific Partnership.
PAUL CHIASSON/THE CANADIAN PRESS

3 Prime Minister Justin Trudeau (centre), Mexican President Enrique Pena Nieto (left) and U.S. President Barack Obama (right) shake hands as they take part in a family photo.
FRED CHARTRAND/THE CANADIAN PRESS

4 Barack Obama is greeted by Justin Trudeau and his wife Sophie Gregoire Trudeau as he arrives on Parliament Hill. ADRIAN WYLD/THE CANADIAN PRESS

DIPLOMACY

Obama delivers speech to packed Parliament

U.S. President Barack Obama is passing a diplomatic torch of sorts to Justin Trudeau — and he has a pointed warning for Canadians about the perils of injustice and inequality.

In what's likely Obama's last official visit to Canada, the U.S. president addressed a rapt joint session of the House of Commons and the Senate, basking in a cascade of applause and heaping praise on the country's young new prime minister.

Trudeau, said Obama, has brought new energy and leadership to Canada and to the everlasting alliance between the two countries. And he said the world will continue to benefit from Trudeau's time in office, even as his own era comes to an end.

And just as he did during a news conference earlier in the day, Obama warned against the perils of protectionism and xenophobia, which he hinted are closer than some might think.

Obama was greeted and interrupted frequently by sustained standing ovations and cheers as he entered the House of Commons, shaking hands with cabinet ministers as he took his seat, and throughout his speech. He was introduced by Trudeau, who paid tribute to Obama's time in office.

"History books will record signature policies, (but) what I will remember — what I hope we all will remember — are the lessons you taught us not by executive order, but by example."
THE CANADIAN PRESS

President Barack Obama, centre, is greeted by a standing ovation.
ADRIAN WYLD/THE CANADIAN PRESS

LGBTQ

Leaders push for rights

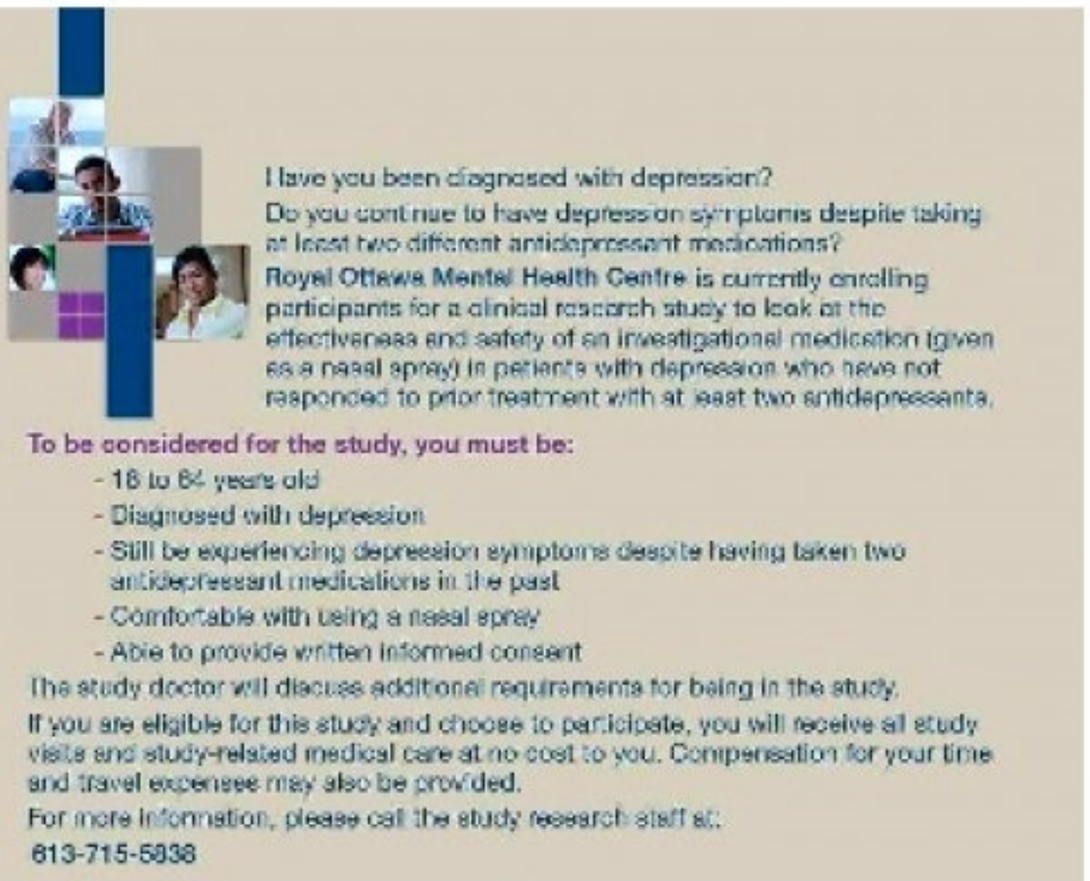
The leaders of North America have called on the international community to "ensure full respect" for LGBTQ people, as Canada and the United States pledge to step up equal rights advocacy at home and abroad.

In a joint statement at the North American Leaders Summit in Ottawa, Canada, the U.S. and Mexico promised solidarity with LGBTQ communities as 2016 Pride celebrations begin across the continent.

Issued as the leaders began their meeting, it read:

"Appalled and saddened by the recent events in Orlando, Canada, Mexico, and the United States call on all members of the international community to ensure full respect for the human rights of lesbian, gay, bisexual and intersex persons."

The push comes after the deadliest mass shooting in American history, when a gunman murdered 49 people at a gay nightclub in Orlando earlier this month.
TORSTAR NEWS SERVICE


Have you been diagnosed with depression?
Do you continue to have depression symptoms despite taking at least two different antidepressant medications?
Royal Ottawa Mental Health Centre is currently enrolling participants for a clinical research study to look at the effectiveness and safety of an investigational medication (given as a nasal spray) in patients with depression who have not responded to prior treatment with at least two antidepressants.
To be considered for the study, you must be:
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- Still be experiencing depression symptoms despite having taken two antidepressant medications in the past
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- Able to provide written informed consent
The study doctor will discuss additional requirements for being in the study.
If you are eligible for this study and choose to participate, you will receive all study visits and study-related medical care at no cost to you. Compensation for your time and travel expenses may also be provided.
For more information, please call the study research staff at:
613-715-5938

Airport cabbies to join Blueline, Capital

LABOUR BOARD

Drivers will be able to choose to work for either company

Emma Jackson
Metro | Ottawa

Airport taxi drivers can join Ottawa's Blueline and Capital fleets, the Ontario labour board has ruled.

The 137 drivers will get to choose which company they want to work for in order of seniority, according to an agreement reached June 27, ending a 10-month lockout at the airport.

Up to 95 drivers will join Blueline, and the rest will go to Capital.

Labour board vice-chair Matthew Wilson said the decision was "the most appropriate and equitable way" to divvy up the drivers, considering the two companies had been covering the airport since the Airport Taxi fleet was kicked off the stand last summer.

Airport Taxi drivers haven't been allowed to pick up passengers there since a dispute about pick-up fees boiled over into pickets, road blocks and protests in August and September.

About a dozen airport drivers aren't even allowed to drop people off on airport property anymore after the airport authority issued trespass notices during the rowdy pickets.

Monday's ruling said the union has agreed to "help" those drivers have the notices lifted.

Blueline and Capital will start phasing the new drivers in next week, and within 30 days all drivers who accepted the offer should be working, Wilson ruled.

Neither Coventry Connections nor the union were immediately available for comment.

Airport Taxi drivers will join Blueline and Capital fleets after a 10-month lock out. METRO FILE

POLITICS

Two Kanata residents seek provincial seat

Two Kanata residents announced they are vying for the provincial Progressive Conservative nomination in Kanata-Carleton.

Rick Keindel retired from the Ottawa Police Service in March after more than 31 years on the force and has lived in the riding for 24 years. Kanata Lakes resident Dr. Merrilee Fullerton is a health advocate and retired physician with 26 years of experience in family medicine, 17 of those at the Med-Team Clinic in Kanata. She was born and raised in the riding.

Both are looking to secure the nomination for the 2018 election when the riding of Carleton-Mississippi Mills will be rejigged into Kanata-Carleton.

Current MPP Jack MacLaren has been plagued by scandals. He was ordered by PC Leader Patrick Brown to undergo sensitivity training, which he completed, after he made a crude joke referencing Liberal MP Karen McCrimmon and her husband in front of her and 350 other guests.

JESSICA CUNHA/METROLAND MEDIA

GOVERNMENT

Gender-neutral health cards, licence unveiled

Ontario is introducing gender-neutral driver's licences and health cards.

Beginning in early 2017, drivers will be able to select "X," instead of an "M" for male or "F" for female for their licences.

And this month, the province started issuing health cards that no longer display information about a person's sex on the front of the card.

People who want a new health card without the sex identifier before their regular renewal date can obtain one immediately through ServiceOntario at no cost.

The Liberal government says it is making these changes "to ensure the fair, ethical and equitable treatment of people with trans and non-binary gender identity." THE CANADIAN PRESS

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AZ Wireless:
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Impression Plus:
Bayshore Shopping Centre

Cellular Link:
Westgate Shopping Centre

Get your Canada Day funk on

BACKSTAGE PASS

Skip the Hill and head to these dance parties instead

Trevor Greenway
Metro | Ottawa

How many people will be able to say on Canada Day, "I'm on a boat, motherf—r?"

As many as can fit on the Canada Day Boat Cruise with Alex Ryder.

If you're not interested in fighting to get a spot on Parliament Hill to see Metric, Metro has a pick of parties for you get your Canadian funk on.

DJ Adam Saikaley and Jimmy C throw down an all-Canadian soundtrack at Babylon on Canada Day. CONTRIBUTED

We The North Dance Party

The Raptors may have faltered against LeBron James and the Cavaliers this season, but that doesn't mean we can't have a dance party in their honour. Join DJs Jimmy C and Adam Saikaley as they drop an all-Canadian soundtrack. Tickets are just $5 before midnight.

The doors open up after the Canada Day fireworks on the Hill.

Nature Nocturne

A party for Ottawa's insomniacs. Don't sleep, party at the Canadian Museum of Nature instead. Nature Nocturne's final dance night of the season drops Thursday night. Join DJs Katrella, DJ Rise Ashen and DJ TDot as they blend everything from house to hip hop and everything in between. Tickets are $25.

Canada Day Patio Party

Anyone who has been paying attention to the city's underground dance scene knows how deep the rabbit hole continues to get. Kinki has it locked down July 1 with a local lineup of DJs for a free patio party, who will be dropping party beats all day long starting at 2 p.m.

Canada Day Boat Cruise with Alex Ryder

Join rocker Alex Ryder as you cruise along the Ottawa River head banging, only to look up to catch the pop of the fireworks between guitar solos. If the boat is rockin' do come-a-knocking. Tighten up your life jacket, this will be a rough ride. Tickets are $40.

Canada Day with PleasureCraft

Ottawa's Pleasure Craft will be cutting all the smooth summer hits from the likes of Hall & Oates, Steely Dan, Toto, Fleetwood Mac and Huey Lewis & The News, just to name a few.

Tickets are $15 in advance or $20 at the door.

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Firefighters and emergency personal work at the scene after a home explosion in Mississauga on Tuesday.
NATHAN DENETTE/THE CANADIAN PRESS

MISSISSAUGA

No survivors in rubble of exploded house

Some residents displaced by a powerful house explosion west of Toronto that killed one woman and injured at least nine people living nearby were waiting to return home Wednesday as authorities investigated the cause of the blast.

Nataliya Stasik took refuge at a friend's house with her husband and seven-year-old daughter after being evacuated from the townhouse complex where they live, which is near the site of Tuesday's explosion in Mississauga, Ont.

She said there was some damage to the windows and doors of their home, and that police told her to check in at the local community centre — which offered shelter and food to evacuees — for word on when they could return.

A few residents dropped by the community centre Wednesday morning seeking updates on the situation. One woman said there were about 15 displaced people inside.

An "outside perimeter" around the blast zone was shrunk on Wednesday, meaning more people would be allowed back into their residence. Peel Region police said they didn't know how many people were still out of their homes or how soon they would be allowed back in.

The home at the epicentre of the blast was levelled in the explosion, while two houses on either side of it partially caved in. Debris from the blast, including tufts of foam insulation, was scattered across the streets and on rooftops around the home.

A small crowd watched from nearby lawns and sidewalks as police and firefighters combed the scene and neighbouring blocks.

Authorities said a specialized canine search-and-rescue team was able to go into the rubble of the house that blew up and found no sign of any remaining victims. THE CANADIAN PRESS

Canada now in second for social issues

WORLDWIDE PROGRESS

Global index gives top marks for equality, education

Canada ranks second in the world when it comes to meeting the social and environmental needs of its citizens, according to the 2016 Social Progress Index, released Tuesday.

It's an improvement from last year's sixth-place showing, though Canada lags behind when it comes to access to information and environmental quality.

Combining data from sources such as the World Bank, the United Nations and the Gallup World Poll, the index ranks 133 countries on metrics that include obesity rates, traffic deaths, tolerance for immigrants, freedom of religion and access to piped water.

Finland narrowly beat Canada this year to take top spot, with Denmark, Australia and Switzerland rounding out the top five.

Michael Green, the executive director of the Social Progress Imperative, which compiles the index, says the top performers show there are many models that lead to social well-being.

"I think that's quite important in showing it's not just one model to get social progress, it's not just the Scandinavian or Nordic model. Other countries, Canada being a great example, have other models," he said.

Canada got top marks for access to advanced education, ranking as No. 1 overall in that category, which weighs factors such as the proportion of people going into advanced education, the quality of the education and gender equity.

> "Canada is big and diverse and is still the fifth highest (for tolerance)
> Michael Green

Canada also scored well for tolerance and inclusion, ranking fifth overall. The achievement is compounded by the country's diversity and sets an example the rest of the world can learn from, Green said.

"Some countries can get a high score because they are fairly homogenous. Canada is big and diverse and is still the fifth highest," he said. "Canada has somehow found a good mix, a good solution to this hard problem."
TORSTAR NEWS SERVICE

Canada did not fare as well on the Social Progress Index with environmental factors, including biodiversity protection, waste water treatment, and greenhouse gas emissions. AFP/GETTY IMAGES

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UNITED KINGDOM

A fight for leadership in wake of Brexit

Britain has not yet quit the European Union, but it has already left politics-as-usual far behind.

Conservative Party contenders began to emerge Wednesday to replace Prime Minister David Cameron in the wake of Britain's vote to leave the bloc, while the head of the opposition Labour Party tried to cling to power in the face of a growing rebellion in party ranks.

Cameron's successor will get the poisoned chalice of becoming the country's next leader and negotiating Britain's exit.

Stephen Crabb

Theresa May

The first contender to make it official was Work and Pensions Secretary Stephen Crabb.

The 43-year-old Crabb, raised by a single mother in public housing, said he would offer "resilience, optimism, humility, strength." Although he backed the "remain" side, he promised to deliver a "negotiated exit" from the EU. Crabb is running with Business Secretary Sajid Javid — who would serve as his finance minister — on what has been dubbed a blue-collar ticket. Both come from working-class backgrounds, in contrast to front-runner Boris Johnson, the former mayor of London, and the current prime minister, Cameron.

Home Secretary Theresa May, who backed the "remain" side but is seen as competent and experienced, is also expected to run.

May, 59, could appeal to Conservatives who mistrust Johnson, who has been accused of using the referendum as a platform for his leadership ambitions and of failing to draw up plans if his "leave" side won.

THE ASSOCIATED PRESS

Relatives of 27-year-old flight officer Gulsen Bahadir, a victim of Tuesday's attack on Ataturk airport, weep at her flag-draped coffin during a funeral ceremony on Wednesday. GETTY IMAGES

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Turkey in mourning

ATATURK AIRPORT

Authorities blamed Daesh for attack that killed 42

It was an attack that echoed the carnage earlier this year at the Brussels airport, down to the taxi that carried the men to their target: Inciting panic and then taking lethal advantage, three suicide attackers unleashed a deadly tide of bullets and bombs at Istanbul's Ataturk Airport, leaving 42 dead.

Authorities blamed Daesh for the bloodbath late Tuesday, a co-ordinated assault on one of the world's busiest airports and on a key NATO ally that plays a crucial role in the fight against the extremist group.

There was no immediate claim of responsibility by the militant group.

Although the attack took a heavy toll, the assailants were initially thwarted by the extensive security on the airport's perimeter, Turkish officials said.

"When the terrorists couldn't pass the regular security system, when they couldn't pass the scanners, police and security controls, they returned and took their weapons out of their suitcases and opened fire," Turkish Prime Minister Binali Yildirim said.

One attacker detonated his explosives downstairs at the arrivals terminal, one went upstairs and blew himself up in the departure hall, and the third waited outside for the fleeing crowd and caused the final lethal blast, two Turkish officials said, speaking on condition of anonymity because they weren't authorized to speak about the investigation publicly. None of the attackers were Turks, a third official said. THE ASSOCIATED PRESS

BENGHAZI REPORT

'Move on' unlikely, Republicans say

Hillary Clinton says it's "time to move on" after a congressional report on the deadly 2012 Benghazi attacks accused the Obama administration of lethal mistakes, but produced no new evidence pointing to wrongdoing by the former secretary of state.

Hillary Clinton THE ASSOCIATED PRESS

Not likely, especially in an election year with Clinton's presidential rival — Donald Trump — lashing out.

An 800-page report by a special House committee makes no direct accusations of wrongdoing by Clinton, who was secretary of state during the Sept. 11, 2012, attacks that killed four Americans, including U.S. Ambassador Chris Stevens.

Still, Republicans point to Benghazi as a major failure by the administration and by Clinton during her tenure leading the State Department. THE ASSOCIATED PRESS

Toronto Blue Jays' Troy Tulowitzki acknowledges the ovation from the crowd. **Looking at the Jays season so far, online ticket reseller Gamehedge calculates it would only have had to give out refunds for bad games four times.** THE ASSOCIATED PRESS

CANADA POST

Businesses bracing for mail stoppage

Businesses are warning their customers about the possibility of a strike or lockout at Canada Post that could happen as early as this weekend.

A number of companies including TD Bank, Virgin Mobile and American Express have told their customers not to expect statements in the mail in the event of a labour disruption. Some are encouraging their customers to pay their bills online and avoid mailing in payments.

> **What worries them the most are parcel shipments and money that gets tied up in the mail.** Dan Kelly

Unionized workers at Canada Post can legally go on strike or be locked out as of Saturday if an agreement isn't reached.

The last labour disruption was in 2011, when Canada Post workers went on rotating strikes for 10 days.

Rivals Purolator and UPS said they are preparing to step in if a Canada Post labour disruption occurs.

Canada Post and the Canadian Union of Postal Workers have been in negotiations since December for its 50,000 delivery and plant employees.

The head of the Canadian Federation of Independent Business said that any action will hurt small businesses that rely on mail service to deliver invoices and payments to other firms.

"What worries them the most are parcel shipments and money that gets tied up in the mail," said Dan Kelly, president of the group.

THE CANADIAN PRESS

Refunds if team bombs

SPORTS

Ticket reseller pledges money back if team loses badly

Sports is no stranger to guarantees, but Gamehedge.com, a new online ticket reseller, is putting a new spin on the practice.

It is offering a 50 per cent ticket refund if you experience a bad game.

Launched two weeks ago, the New York-based website is offering what it calls a "good game guarantee" which promises money back if the home team badly loses. It is only available for Major League Baseball games, if you buy tickets through the site and the home team loses by 5 or more runs. Then you get a 50 per cent refund.

"I've also been to some games where the team just doesn't show up," says Warren Friss, founder, Gamehedge.com. "It just didn't feel right to me. If you had a bad experience at a five-star restaurant they would do something and take care of you. So for me, it just felt like the fan should get something back."

In a sense, Gamehedge could be compared to short selling in the stock market, where you invest hoping a stock does poorly. Or gambling, as you are literally hedging your bets on the actual game. That sounds unheard of, although in 2012, the NBA's Phoenix Suns offered a money-back guarantee if fans didn't enjoy the game night experience, although that was a one-night promotion.

Friss has gone through a lot of statistical modeling on how to make this work, and says coming up with what the refund score was one of the big issues.

"The five runs was based upon the point at which very few teams come back. If a team is five runs down, 97 per cent of the time, they're not coming back," he says.

Another way to look at it is that Friss expects to pay out one in every eight games.

"It varies a bit by team, of course and well the teams play at home, but on any given night, if you are looking at the full slate of 15 games, usually two games that are Gamehedged."

TORSTAR NEWS SERVICE

EXPANSION

- Gamehedge plans to expand to NFL, NBA and NHL tickets in August.
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What's Canada's favourite city?

On the occasion of our home and native land's 149th, we decided to settle once and for all which Metro city is the best in the nation. We asked prominent denizens in each of them — Vancouver, Edmonton, Calgary, Winnipeg, Toronto, Ottawa and Halifax — to extol their town's virtues. Judge for yourself!

Ottawa

This is a dream place to raise a family, especially when you have two young boys like my wife, Nicole, and I do.

It has all the resources of a city, without the worries of big-city living. Also, the people here make Ottawa what it is. It doesn't feel like a city. It feels like one large community.

Whether you were raised in Orleans, Kanata, or elsewhere everyone knows who you are. Or they know somebody who knows you. I think there's only one degree of separation when it comes to living here. That's what makes it great.

Also, people care about each other and they support each other here. We made the move from Calgary out here because we saw it as a long-term solution to what we were looking for. Nicole and I came out to visit the city and saw what it has to offer, plus the close proximity to where she grew up (in Maryland). That's the kind of access we've always wanted when it came to our family and friends.

Our sons love it out here, too. For kids, it's always hard because they think, "Man, I lost all my friends back in Calgary," but once they got out here and started to meet the neighbours and meet their kids and develop their own friends and their hockey and soccer teams, etc. — now, there's no looking back for these two.

Henry Burris
Ottawa Redblacks

Halifax

It's such a small-town vibe. Everyone's so nice and they look out for each other but it still has everything you want in a city. I'm so proud, every time I say I'm from Halifax I always know the reaction's going to be good.

We have our own culture there, our own music culture, and we've really kept our roots. but are still like a city. Not a lot of people think that Halifax is an actual city. It has everything that a major city has, except it has maintained its uniqueness.

Everyone's always like either 'Wow, I really want to go there,' or they went and had the best time, and everyone's so nice. I forget, every time I go home, it's just so beautiful, the waterfront, and the lakes and ocean.

Ria Mae
Juno-nominated singer

Toronto

For me, Toronto is the perfect mix of fast-paced city life and laid-back neighbourhood barbecues. I can lose myself in the wilds of High Park, searching vainly for escaped capybaras, or hop onto a packed subway train and lose myself (and my friends) in the hustle of Canada's biggest Pride festival.

Toronto is a city that offers me more types of authentic food than there are communities living here making it. We are a city of diversity with distinct neighbourhoods that offer their own feeling and flavour without ever being unwelcoming.

Toronto has a certain grit, but you'd be hard-pressed to see it, as we like to keep things clean. If we are accused of being too busy, it's only because we have so many ways to fill our time. A thriving comedy scene, an epic fringe festival, concerts, Jays games — Toronto never stops throwing out things to do and see.

I am pleased to call Toronto home, well, except during the Indy weekend but, hey, no city is perfect right?

Gavin Crawford, comedian

Winnipeg

What I love most about Winnipeg is the big sense of community. I love Winnipeg and I love that throughout my speedskating career, the community was always there to support me.

When I started skating at the club level, I was fairly old, being 18 years old at the time. It looked like I didn't have a hope, I was so bad when I started, but my coach and the entire speedskating community believed in me.

To me, that's what I love about Winnipeg, anytime you need help or support, the community is there, they're always ready to give a hand.

I had to move to Calgary because that's where the (speedskating) oval is, but throughout my skating career, even from here I could feel that support.

I miss Winnipeg so much. I'm always talking to my friends about how great Winnipeg is, but no one understands. They think Winnipeg, they think of the cold and the big mosquitoes. But it was a great place to grow up and I love Winnipeg.

Cindy Klassen
Olympic speedskater

Calgary

Calgary's greatness is in its very Canadian capacity for opportunity. Since well before Confederation and Treaty, we have been a place where no matter where you come from, what you worship, or whom you love, you have the opportunity to lead a great Canadian life.

This makes Calgary incredibly resilient. We are a community that understands that our neighbour's success is our success and, conversely, our neighbour's failure is our failure. No matter the challenges we may face — be them economic, environmental, or social — we are all committed to this community.

We are all in this together and we all have the power, through our service, to improve our community. As we celebrate Canada's 149th birthday, let's consider a gift to our nation. Let's each give three gifts of service to our community this year — and every year. We have the power to make Canada even better, and Canadians can change the world.

Naheed Nenshi
Calgary mayor

Edmonton

I really like the mixture in Edmonton of an inventive, entrepreneurial spirit — you know, go do it, you can do anything — with a spirit of co-operation as well. People will help you. Those two things that come together in Edmonton make it a great place for a creative person, whether that's someone who wants to start a business or solve a problem, or an artist.

I've really come to enjoy that spirit in the city. It's the spirit behind the fringe festival and Bioware and PCL and Stantec and all the big companies. I feel like it's the kind of city where anyone can show up from anywhere, and overnight they can be a leader. You don't have to have been in the city for seven generations, or to have gone to the greatest schools.

It's an unpretentious, open-hearted city. And that spirit makes for a lot of fun — great restaurants, great activities, lots of art. It's a fine laboratory of a city.

Todd Babiak
Writer

Vancouver

Vancouver has a feel of a small town rather than a megacity, and I love the feeling of ease in navigating the streets. I love the proximity to the ocean and the mountains and the climate.

We are now an urban animal, so it's important to seek out nature in our surroundings — gardens, parks, creeks or woods.

Appreciating nature is the challenge of our time as young people spend hours in front of a computer, cellphone or television screen and only a few minutes outside every day.

Now, virtual reality seems to offer experiences that are better than reality: car races and gunfights without threats to survival, sex without danger of STDs, virtual nature without risk of injury or harm.

Nature is the very source of our lives and happiness, clean air, water, soil and biodiversity. Yet how will we appreciate that, and fight to protect it, if we don't experience it?

David Suzuki
Environmentalist

METRO CALL TO ACTION

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Visit metronews.ca to have your say!

CANADA DAY DIALOGUE

Face it: Justin's kind of a dork

Even though he has right honourable status, even though the rest of the world is swooning there's just ... something about him we find funny. We can't quite put our finger on it, but, **come on, you know it's true.**

MATT LAFORGE **ROSEMARY WESTWOOD**

Westwood: Let's set the parameters. We're not talking about what the haters think.

LaForge: No. There are people who actively dislike him, call him an airhead, shallow, stupid, and superficial.

Westwood: But this isn't about them. We're talking about the spectrum of people who like him to those who are indifferent — they're rolling their eyes, somewhere deep inside, every time they see him. Do you think everybody thinks he's dorky?

LaForge: No doubt in my mind. Like that photo in the canoe, where he's wearing his dad's buckskin jacket, and he's got a life jacket on! I mean, he's doing the right thing, he's being prime ministerial, in a certain sense, but that is not a rugged look.

Westwood: He always looks like he's trying to sell perfume, you know?

LaForge: Somehow his dad seemed more genuine, and Justin's way more choreographed and self-conscious. I can't think of an unproblematic word for non-masculine, but whatever it is, that's what he is.

Westwood: It is all about his more effeminate qualities. So is all the right-wing hater-talk too, I think. And I get it. Even when he was talking at the press conference with the presidents of Mexico and the U.S., he sounded like Mr. Rogers. He's really not that commanding. Sort of all carrot, and no stick.

LaForge: He's like captain of the debate team in those settings — almost like he's mimicking statesmanhood.

Westwood: He's mimicky, yes.

Notice the life jacket. CP

LaForge: So you think whatever people are picking up on is inseparable from the idea of a continuum of masculine/feminine traits?

Westwood: Yes, totally. It's sexism on a spectrum.

LaForge: This might be my liberal guilt talking, but I feel like you can refer to a man as overly delicate, overly refined, overly slick without thereby saying that he's feminine.

Westwood: I disagree. It's the idea of power, and what power should look like, which is masculine. So anything that's not masculine is de facto undermining his power, and is de facto feminine. I mean, he's kind of buff, but he has the soft features, and the soft hair, and the soft voice, and the soft mannerisms. Even the elbow-gate video! He was like the mom sternly walking across the room. But everyone lives on the spectrum of gender and has a mix of these components we traditionally call male and female. For Trudeau, I don't think it's a problem, but we tend to feel goofy about the ways he's not 100 per cent pure-grade masculine.

LaForge: What about Jack Kennedy? He looked the same way. He had that patrician softness in his face, but he fought in World War 2. Is it that it? Is it Kennedy's resumé?

Westwood: I doubt it, but I wasn't around so I don't know!

LaForge: Maybe if you're killed like that, in such a gruesome, bloody way, you automatically get to be remembered forever as tough.

Westwood: Or maybe we're in a more hyper-masculine world now. By the way, I think Justin Trudeau looks like a beaver. Look it up.

LaForge: (Silence.)

Westwood: He's a goody-two-shoes!

LaForge: That's it. That's the term. And that's not what Harper was. Harper was straight-laced, but he had sort of a darkness around him.

Westwood: And a lot of time Trudeau's unbridled optimism is also seen as somewhat feminine, too.

LaForge: Like naive. So what do we want? Because Vladimir Putin is seen as ridiculous, though I'm sure there are lots of people in Russia —

Westwood: — who might love it! But I think Trudeau's gushiness, I think it's working for him. I think people find it charming how not-tough he is. Even in boxing, his most masculine setting, it's just like, "Oh, Justin…"

LaForge: It could be an English-French thing, too. I've heard he's a lot more convincingly a man of action in French.

Westwood: That might be something.

LaForge: Maybe his accent — which is subtle but prominent — makes him sound too earnest.

Westwood: Hyper-earnest. And he'll never get rid of it, no matter how many yoga poses he does. You almost want to poke his belly, it's like that kind of a feeling.

LaForge: What's the word for that?

Westwood: What is that word? I don't know. But whatever it is, that might be it.

Matt LaForge is Metro Canada's features editor
Rosemary Westwood is Metro Canada's national columnist

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metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

A towering tale of friendship

ADAPTATION

Look way up, Roald Dahl's BFG makes it into theatres

Richard Crouse
For Metro Canada

In Disney's fantasy-adventure The BFG, a precocious 10-year-old named Sophie (Ruby Barnhill) befriends The BFG (Mark Rylance), a Big Friendly Giant from Giant Country. HANDOUT

If you are not a Roald Dahl fan the term The BFG almost sounds like something you might call someone you don't like.

If you're familiar with the Dahl's work, stories like James and the Giant Peach, Charlie and the Chocolate Factory, Matilda and Fantastic Mr Fox, you'll already know The BFG stands for The Big Friendly Giant.

Just in time for the 100th anniversary of Dahl's birth, Steven Spielberg brings the towering tale of an orphan girl who befriends a taller-than-tall giant to the big screen.

Mark Ryland, last year's best supporting Oscar winner for Bridge of Spies, plays the BFG but he's not the film's only leviathan. Giant Country is filled with "cannybully and murderful" goliaths with fanciful names like The Childchewer and The Gizzardgulper.

They are the BFG's brothers, behemoths so huge if six-foot eight-inch Cleveland Cavaliers forward Lebron James stood next to them he'd only come up to their ankle. They're fearsome but Meatdripper portrayer Paul Moniz de Sa is quick mention, "There's still a lot of joy in the giants."

"We were going more for goose bumps," says Michael Adamthwaite who plays the Butcher Boy. "The film does a good job of showing [kids] how to overcome that fear and finding confidence and being brave and standing up for what you believe in."

Creating a world for the giants to inhabit involved groundbreaking technology to blend the live-action elements with performance-capture techniques. The richly detailed Giant Country, where swords are used as sewing needles and sailing ships double as beds, was brought to vivid life on soundstages in Vancouver last year.

"It was a big empty space and you had to use your imagination to feel the different elements," says Daniel Bacon who plays Bonecruncher. "There was tape on the floor and it was explained that something would be here, and something would be there. We relied on Steven telling us and being very descriptive about what it would look like."

"We also had the wonderful concept art to fall back on," says Adamthwaite. "For all the locations there was a big concept art poster and then there was the virtual camera which is technologically way beyond my brain power, but it is so crisp and the technology has advanced so quickly that now we are at a point that even though we were in a carpeted room with tape on the floor we had the benefit of being able to look over to a large screen monitor and see these almost real time, almost full renderings of our characters."

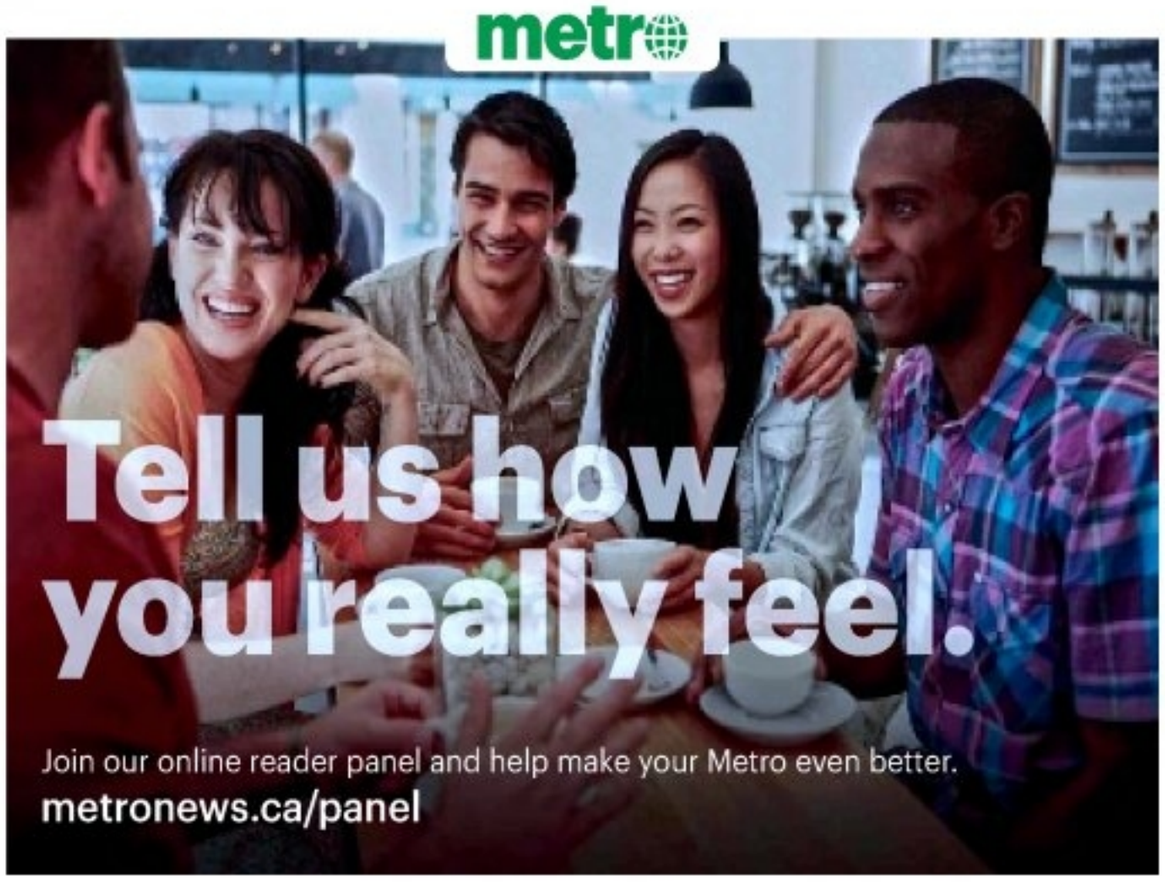
The result of the high tech work is a film that has so little to do with today's kid's entertainment it feels as though it's a relic from another time, a singular holdover from a day before Minions gurgled and everything was awesome. Adamthwaite credits Spielberg for finding the right tone.

"While some directors may be pushing the boundaries of being cutting edge. He always sees the film through the audience's eyes. He's very aware and astute of what will work in terms of what the audience appreciates."

MOVIE RATINGS by Richard Crouse

The Legend of Tarzan	★★★
The BFG	★★★★
Swiss Army Man	★★★★
The Daughter	★★★★
Weiner	★★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT



Is it a bird? Is it a plane? No, it's the Super Dolls

TOYS

Experts praise range but raise concerns over one-size bodies

Victoria Stamirowski, 8, left, and Robert R., 6, right, play with DC Comics Super Hero Girls (inset) at Jamie Bell Adventure Playground in High Park, Toronto. NICK KOZAK/TORSTAR NEWS SERVICE

Things are looking a little more super in the girls' toy market.

A line of colourful Super Hero Girls dolls from Mattel, the toy giant behind Barbie, is coming to Canada soon. Toy and gender experts are celebrating the new collection for showcasing female super heroes — but say the dolled-up heroes aren't exactly shattering gender stereotypes.

Hitting shelves July 1 at major retailers including Walmart and Loblaws, the line ties in to an animated web series and line of books, along with matching costumes and accessories, and features the likes of Wonder Woman, Supergirl, Batgirl, Harley Quinn, Bumblebee, Poison Ivy, and Katana.

South of the border, where the dolls are already on sale for upwards of $30 execs at DC Entertainment think the DC Super Hero Girls could be a $1 billion brand.

"They seem to be about being strong, and active, and engaged, which I think is a strong alternative to the beauty-focused toys out there," says Elizabeth Sweet, an expert on gender in the toy market and a lecturer in the University of California, Davis department of sociology.

Even so, "beauty still plays a role," she says. It's something Katharine Bausch, an assistant professor in Trent University's department of gender and women's studies, noticed as well. "I'm a little thrown by the body shape of the toys," she says. "I'm not super surprised, but they all seem to have the same body — they've just swapped the clothes."

Marissa Beck, a spokesperson for Mattel, says the new line is meant to be different from a lot of the "fashion dolls" out there.

The DC Super Hero Girls are more muscular, she notes, and capable of standing on their own and bending their joints. And, she adds, they're not "pink-washed" — instead rocking outfits true to their superhero roots, with most of them wearing leggings and pants instead of skirts.

In a similar vein, the toy giant's latest Barbie is a hip-looking game developer clad in faded jeans and sneakers.

Hitting Canadian retailers in August, the STEM-employed doll is meant to show young girls that they can "be anything." The doll sold out in the U.S.

Still, when it comes to the DC Super Hero Girls line, Sweet's main qualm is that it's only being marketed to girls, saying "boys really need to see that kind of thing too."

Jess Day, a campaigner with Let Toys Be Toys, a U.K.-based campaign to take gender out of the toy industry, agrees. "We see a problem that girls need a separate set of superheroes, and exist separately from the boys'."

Let Toys Be Toys has been fighting against gendered toys since 2012, and they've had some degree of success; more than a dozen retailers in the U.K., for instance, have ended the practice of having "boys" and "girls" sections in toy stores.

TORSTAR NEWS SERVICE

+ DOLLS REIMAGINED

Lammily
Designed two years ago by graphic artist Nickolay Lamm, are realistic dolls dubbed the "normal Barbie." Accessory packs include body marks like tattoos and moles, and a period kit with colourful pads and pantiliners.

Malaville
The debut collection of Malaville dolls, designed by doll collector Mala Bryan, features four shades of brown skin-toned fashion dolls with Afro and curly hair. Bryan says she wanted to create dolls for black and brown children to relate to.

Lakeshore Learning Materials
This equipment set for a multi-ethnic doll collection from Lakeshore Learning Materials allows kids to learn about special needs by equipping their dolls with canes, hearing aids, protective helmets, and more.

Barbie Fashionistas
The iconic Barbie doll got a makeover for Mattel's 2016 Fashionistas collection, featuring different skin tones, hairstyles, and body types — including tall, curvy, and petite. (The "original" body type is still available, too.)

"They seem to be about being strong, and active, and engaged, which I think is a strong alternative to the beauty-focused toys out there
Elizabeth Sweet, expert on gender in the toy market and lecturer at UC Davis department of sociology

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Writing Nordic noir in the land of midnight sun

CRIME

Anne Holt's newest book is being released this summer

Laura Boast
Metro | Toronto

Scandinavian crime novels have a special appeal to non-Nordic readers. Densely atmospheric, a sub-Arctic chill creeps into the stories and darkness descends on the characters like winter twilight.

They have their own genre: Nordic Noir. Stieg Larsson's original Millenium Trilogy is one of the best known. But other Scandinavian writers are getting noticed. Among them: Anne Holt, currently published in 25 countries.

Known as the "godmother of modern Norwegian crime fiction," her fictional detective Hanne Wilhelmsen has been solving crimes since the '90s. Demand for her books soared four years ago. That's when her novel 1222 was shortlisted for an Edgar Award (like a Pulitzer prize for crime writers).

Her fifth book — Dead Joker — comes out in Canada on July 26, with two to follow later this year.

Metro sat down with Holt at U.K.'s Crimefest to do a little detective work on how she got into crime writing, and why Nordic Noir is such a phenomenon.

"It's marketing, hyping," says Holt. "Pure luck."

That would be the assessment of a woman who, like her character Hanne Wilhelmsen, is a straight talker. Holt finds it ironic Stieg Larsson's books, which contributed to the craze, are considered Nordic Noir.

"He wrote in the American tradition," she says. "In the Scandinavian tradition, you would never have a character like Liz Salander. She's like a modern Marvel character."

She adds that the crimes she writes about are more realistic than those in the Millenium series. Holt should know. A lawyer and former journalist, she was also Norway's Minister of Justice in the late '90s. Her characters, and plots, are drawn from real life.

Moreover, unlike the Millenium books, Holt doesn't engage in what some call "violence porn." There's only one rape scene in her 23 books.

"To describe a crime is easy," she says. "But to sit down and write how a victim of sexual violence feels after that is a challenge."

Holt's Oslo-based heroine Hanne Wilhelmsen makes her living getting into people's heads, but allows few others into her own. That's how readers, and not her colleagues, come to learn about Hanne's relationship with Cecilie.

"She's just as reluctant to share that she loves pancake for breakfast as she is sharing her sexuality."

While the real-life author does not conceal personal details — she has a happy family life with partner Tine Kjæ and their daughter — Anne Holt prefers private time. She writes about four hours a day and takes 10 weeks of vacation every summer.

Her characters may know how to kill, but Anne Holt knows how to live. So very Scandinavian.

> **In the Scandinavian tradition, you would never have a character like Liz Salander. She's like a modern Marvel character**
> Norwegian author Anne Holt

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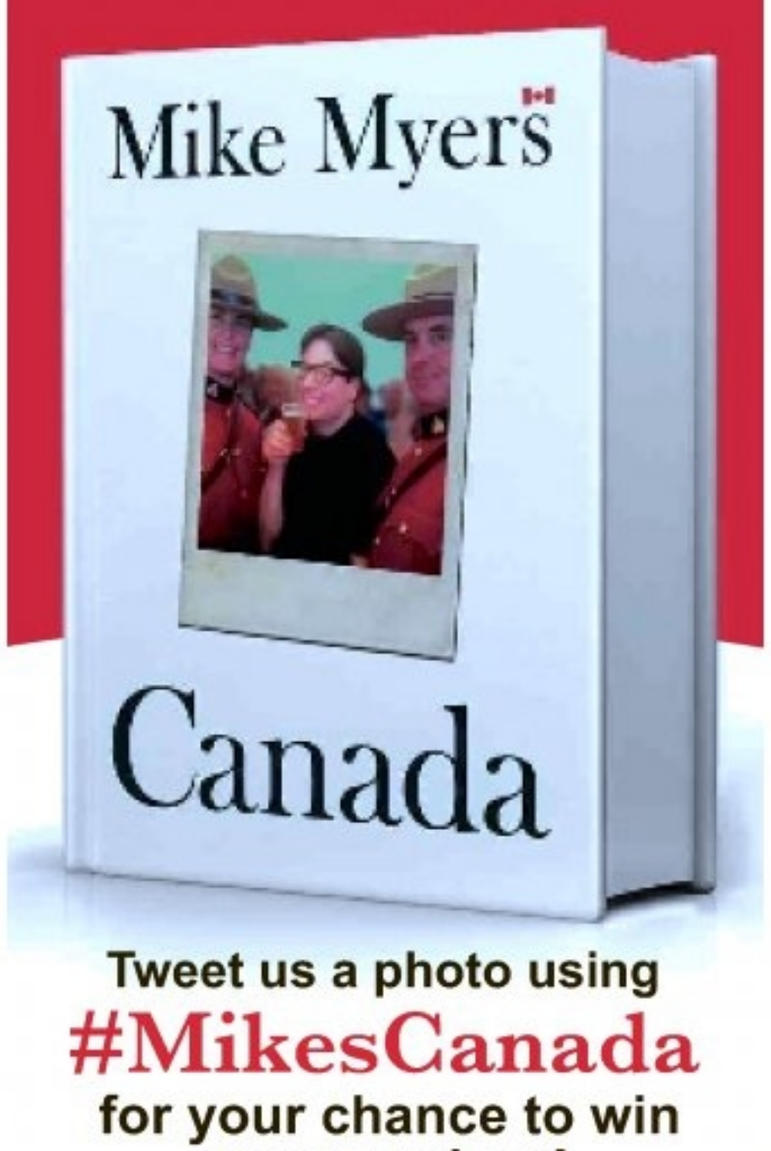
wants you to show us your Canada!



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Mike Myers' hilarious and heartfelt look at Canada is part memoir, part history, and pure entertainment.
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Someone must be happy: Pharrell's Miami penthouse sells for $9.25 million U.S.

MEET THE CONDO

Low-rise living in Kanata South

Project overview

Cardel Homes launched sales for its Blackstone Condo project in March. It will be building three 12-unit buildings in Kanata South. The collection of modern, low-rise condos will provide maintenance-free living for buyers, in an attractive, relaxing neighbourhood.

Housing amenities

Each unit has nine-foot ceilings, six appliances, private balconies, granite countertops and air conditioning. The condos also offer heated underground parking and bike lockers. The layouts only vary slightly, with consistent pricing and a few varying features to choose from.

In the area

Blackstone is a family friendly neighbourhood, ideally situated for those wanting to live in a quieter area while still being close to downtown. The area has direct access to the Trans-Canada Trail, and has nearby ponds and walking trails for those that desire an active outdoor lifestyle.

CONTRIBUTED

Location and transit

Located at Terry Fox Drive and Fernbank Road, the condos are not far from nearby transit stations and Highway 417, allowing for easy travel in and out of Kanata. Blackstone is not far from several schools, and daily amenities such as libraries, health services and shops — not to mention multiple pubs and cafés. ILANA REIMER/FOR METRO

NEED TO KNOW

What: Blackstone Condos
Builder: Cardel Homes
Designer: Cardel Homes
Location: 139 Westphalian Ave.
Building: Low-rise condos
Size: 1,175-1,209 sq. ft.
Pricing: Starting at $339,900
Model: Two bedrooms, two bathrooms
Status: Now selling
Sales centre: 139 Westphalian Ave.
Phone: 613-435-5704
Website: cardelhomes.com

Artist Katje Behre creates ethereal wallpaper designs for her Elli Popp studio take one on a fantastic journey to imaginative, faraway places. CONTRIBUTED

TRENDS

Wallpaper that serves as wanderlust

Wallpaper goes in and out of fashion. Right now, it's enjoying an "in" moment.

There are wildly creative designs coming out of studios all over the world. Some of the best take us on a journey to far-flung places both real and imagined.

Londoner Nina Campbell's new Fontibre collection for Osborne & Little is inspired by the travels of her great uncle, watercolourist Robert Hello Hutchinson Keightley. Her design Keightley's Folio is a gallery of his small landscape paintings, punctuated by little rosettes. Barbary Toile depicts a troupe of mischievous monkeys gamboling around the Rock of Gibraltar.

Matthew Williamson, also of London, found inspiration for his new collections in pre-revolutionary Cuba and the Amazon. Tropical motifs meet lush colours in wallpapers that are vibrant and evocative.

Flamingo Club has a retro feel, with pale pink flamingos strutting among orchids and ferns against a turquoise background. A summer trip to Costa Rica led to the creation of Williamson's Arici paper, on which playful parrots perch and swoop, their brightly hued wings brushed with gold. Slinky big cats prowl through a forest of peacock feathers on Leopardo, a print with a '70s vibe.

"The print is a little bit wild — just like the animal itself," Williamson says.

Beastie Boy band member Mike Diamond and designer Vincent Ficarra of the company Revolver New York collaborated on a design for Flavor Paper called Brooklyn Toile. It incorporates Diamond's favourite memories of Brooklyn, featuring vignettes of Coney Island, the elevated subway, stroller moms and rap artist Notorious B.I.G.

German designer Katja Behre, based in London, takes us in a different direction: a dream-like journey into surreal worlds. In a colour palette that blends moody blues and greys with bronze and starlight, the wallpapers are playful and evocative.

In Les Voyages Fantastiques and La Terre a La Lune, characters in vintage photographs find themselves on faraway worlds, leaping from rocky promontories or boating on celestial seas.

THE ASSOCIATED PRESS

metro TRAVEL
Your essential daily news

Real-life Dirty Dancing resort in Virginia hosts themed weekends this summer

Three great Can-Con road trips

With the low loonie many Canadians are opting for staycations instead of heading abroad this summer. Load some podcasts, pack up a few snacks and hit the open highway to get the most for your hard-earned buck while exploring your glorious home and native land.

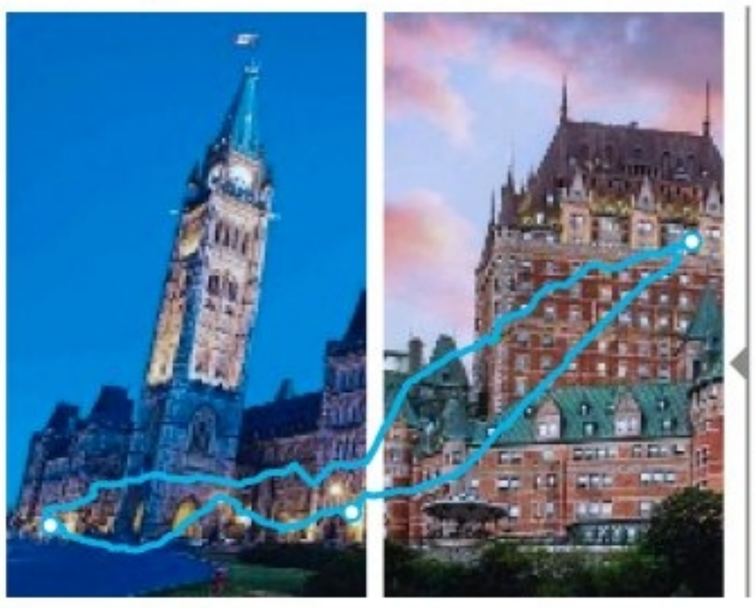
Melissa Dunne/For Metro

Vancouver to Tofino

Vancouverites can (momentarily) leave worries about soaring real estate prices behind and head to Tofino, B.C. Hop on the ferry to Nanaimo, then grab an ice cream cone at the Old Country Market in Coombs. Be sure to pack your bikini and binoculars for a day at Long Beach in Tofino, where you may spot a whale. On your return trip to Vancity hit up MacMillan Provincial Park before taking the ferry back to the city and the 9-5 grind.

Halifax to the Cabot Trail

Haligonians can hit the Trans-Canada Highway and head up to the Cabot Trail, N.S. Grab some suds from Big Spruce Brewing in Nyanza before heading over to the Alexander Graham Bell Historic Site in Baddeck to learn more about the inventor of the telephone. Make sure to allow a few days to drive the 580-kilometre Cabot Trail, where you can indulge in local mussels while taking in some folk music along the way before heading back home to Halifax.



Ottawa to Quebec City

Ottawans can head to Quebec City for some Euro-influenced sophistication without ever leaving the Great White North. Head out early and make a pit-stop in Montreal, where you can pick up some of the best bagels in the country at St-Viateur Bagel for lunch before heading on to stroll the UNESCO World Heritage designated Ville de Quebec. Be sure to pick up some finger-licking good St-Hubert chicken at one of its many Quebec outposts on your return route to Canada's capital.

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metro SPORTS

QB Andrew Luck has signed a new $140-million, six-season contract with the Indianapolis Colts through 2021

Wave of deals rocks NHL

HOCKEY

Stamkos stays with Bolts, Subban and Hall traded

Fireworks popped off across the hockey world well before Canada Day and the annual start of NHL free agency.

Steven Stamkos agreed to remain in Tampa, P.K. Subban was dealt to Nashville for Shea Weber, and Taylor Hall was finally traded from Edmonton as the Oilers sought to rectify a long-standing issue on defence.

It was, all in all, one of the more thunderous days of activity in the recent history of the NHL, starting with Stamkos.

Lining up as the NHL's top available free agent heading into July 1, a 26-year-old who's produced more goals than any player but Alex Ovechkin since 2008, Stamkos opted to pull himself off the market, agreeing to remain with the Lightning on an eight-year deal.

The Markham, Ont., native could have chosen any number of NHL destinations, but the former No. 1 overall pick of the Lightning opted to remain in the only NHL home he's ever known, a place where his chances of continued success are perhaps best.

Tampa's roster is flooded with skilled, young talent, but also talent owed new contracts now or sometime soon. All of which made it imperative that Stamkos accept less than market rate, and that seems to be accomplished with a contract that comes with a reported $8.5-million US cap hit.

All-star blue-liners Shea Weber, left, and P.K. Subban are trading places. BRUCE BENNETT/GETTY IMAGES

> **I just feel good knowing that a team has moved someone to bring me in because they want me.**
> P.K. Subban

While the Lightning stayed strong, two Canadian teams made risky bets.

Canadiens general manager Marc Bergevin insisted that he was not shopping Subban, only to flip him to the Predators for an aging Weber less than a week later.

It's an exchange that tilts strongly in Nashville's favour given the age and productivity of the two defencemen.

Subban is almost four years younger than the longtime Nashville captain and tops every defender but Erik Karlsson in terms of point production over the past five seasons. Underlying numbers also suggest that Weber, soon to be 31, has hit his peak and is trending downward in recent seasons.

Weber's contract, additionally, doesn't expire until 2026, carrying a $7.8-million cap hit, while Subban's deal expires in 2022, though holding an extra $1.2 million on the cap annually.

Steven Stamkos GETTY IMAGES

Taylor Hall, left, and Adam Larsson GETTY IMAGES

"I'm excited. I really am excited. I think this is fantastic," said Predators general manager David Poile, sounding almost giddy. "I'm a general manager but some day I would like to be a fan and this is a guy that I would pay money to see. He's exciting to watch."

Like Montreal, Edmonton made a dicey deal, losing the best player of a trade that sent Hall to New Jersey for 23-year-old Adam Larsson.

It was a deal aimed toward solving a long-standing need in Oiler country: Edmonton was searching for help on defence.

The Oilers are betting on the upside of Larsson, a player who's yet to find a groove in the NHL.

The fourth overall pick of the 2011 draft, Larsson averaged a career-high of more than 22 minutes last season, starting a large majority of his shifts against top talent in the defensive zone. He produced only 18 points and struggled in the puck possession game.

Still just 24, Hall scored 26 goals and 65 points last season, falling off some in the second half.

THE CANADIAN PRESS

SOCCER

Pupil vs. mentor for spot in semis

EURO 2016 QUARTER-FINALS

Poland striker Arkadiusz Milik is looking forward to meeting one of his heroes in the European Championship quarter-finals: Portugal star Cristiano Ronaldo in Marseille.

The 22-year-old Ajax striker is also in close contact with another mentor, Dennis Bergkamp, who memorably showed how to score at the Stade Velodrome in a 1998 World Cup quarter-final win for the Netherlands over Argentina.

Arkadiusz Milik, top, and Cristiano Ronaldo GETTY IMAGES

Milik admits he is still learning the striker's trade. He has found the net only once at Euro 2016 and has squandered a number of chances.

Ronaldo also had a slow start in France before scoring a memorable brace in Portugal's 3-3 draw with Hungary. The Real Madrid star now needs one goal to match Michel Platini's record of scoring nine goals in European Championship finals matches.

"I'm not hiding that it was only a few years ago that I was trying to learn from Cristiano Ronaldo as much as I could," Milik said Wednesday through an interpreter. "Players like that you need to follow and take some inspiration from. He's an example of hard work. It's not just talent, you need to work hard — he's a great example of that."

Milik insisted he wouldn't be star-struck at playing against the Real Madrid star on Thursday night as Portugal and Poland battle for a spot in the Euro 2016 semifinals.

"It's great that there's a chance for us to meet on the football pitch," he said. "But of course I will try to focus on me and my team and not look up at him." THE ASSOCIATED PRESS

WIMBLEDON

Bouchard advances to second round

Montreal's Eugenie Bouchard moved on to the second round of Wimbledon after posting a 6-3, 6-4 win over Slovakia's Magdalena Rybarikova on Wednesday.

The match was completed at the covered centre court at the All England Club after rain postponed matches on outdoor courts for a second straight day.

Bouchard will next face Britain's Johanna Konta.

THE CANADIAN PRESS

Eugenie Bouchard GETTY IMAGES

RYAN JIMMO

Charges laid in hit-and-run death of former UFC fighter

Police in Edmonton have charged two people in the hit-and-run death of former UFC fighter Ryan Jimmo.

Jimmo, who was 34, was fatally injured early Sunday following a verbal argument that escalated into a fight in the parking lot of a bar.

Police say Jimmo died from blunt force trauma after being run over by a vehicle.

THE CANADIAN PRESS

NFL

Harrison demands proof in drug probe

Pittsburgh Steelers linebacker James Harrison wants the NFL to provide "credible evidence" before he agrees to an interview with league officials regarding a media report that linked him and other players to the use of performance-enhancing drugs.

The NFL Players Association sent a letter on Harrison's behalf to NFL executive Adolpho Birch on Tuesday asking for more information.

"We have repeatedly requested that the NFL inform him and the NFLPA whether the NFL possesses any credible evidence (e.g., verified documents or verified testimony of witnesses) that warrants an interview of Mr. Harrison regarding a potential violation," union attorney Heather M. McPhee wrote.

Green Bay linebackers Clay Matthews and Julius Peppers, were also implicated by the Al-Jazeera report.

THE ASSOCIATED PRESS

RECIPE One-Pot Dijon Chicken

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We not only love chicken thighs because they're a more cost effective protein but because they also cook up fast and love to soak up the flavor of this one-pot wonder's Dijon mustard and apple cider sauce.

Ready in
Prep time: 20 minutes
Cook time: 25 minutes

Ingredients
- 6 skinless, boneless chicken thighs
- Salt and pepper
- 1 tsp oil
- 1 minced shallot
- 2 cloves garlic, minced
- 1 Tbsp Dijon mustard
- 1/4 cup apple cider
- 1/4 cup low-sodium chicken broth

Directions

1. Preheat oven to 425 F. Generously season chicken with salt and pepper.

2. Add oil to a large oven-safe skillet over medium heat. Add chicken and cook for 10 minutes

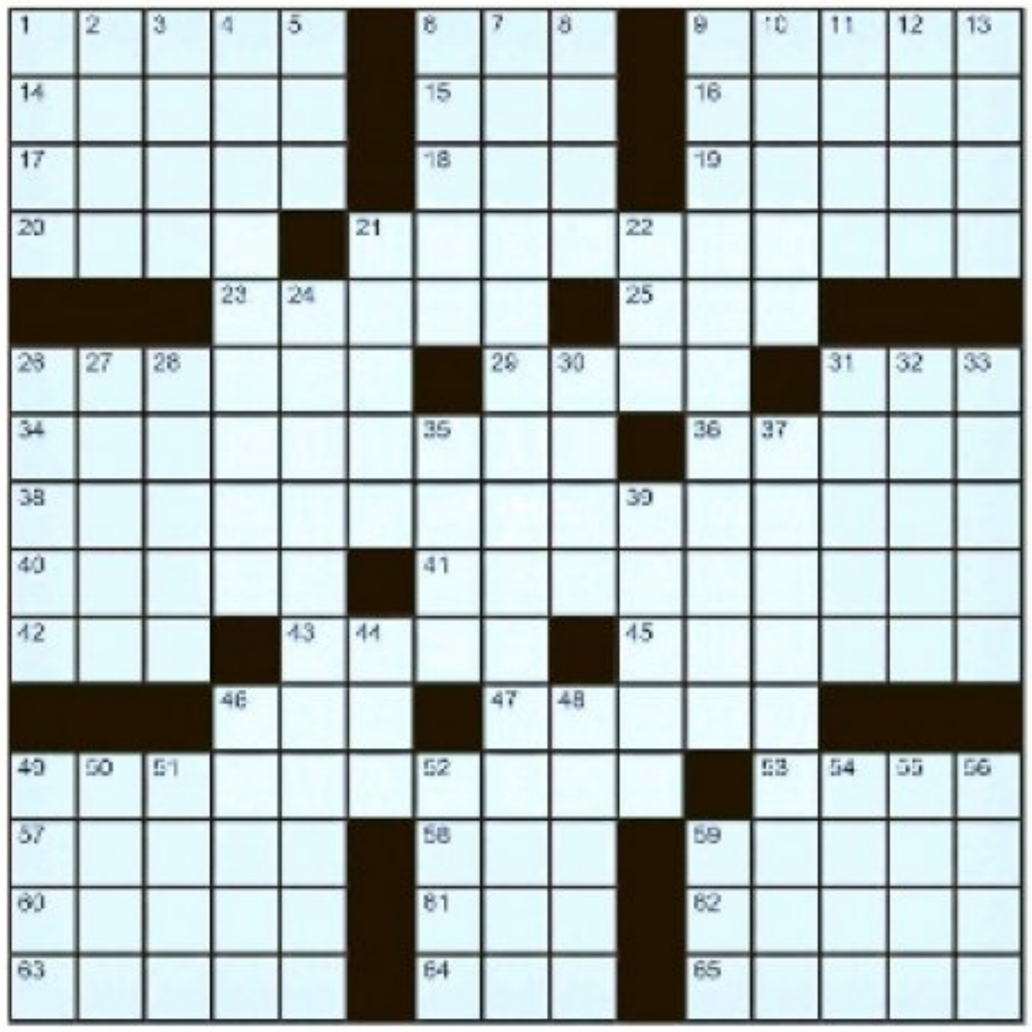
3. Transfer the skillet to the oven. Roast until chicken is cooked through, about 6-8 minutes.

4. Transfer chicken to a platter. Return skillet to medium heat and add shallots and garlic; cook for about 1 minute. Whisk in Dijon mustard, apple cider, broth and a bit more salt and pepper; cook for about 3 minutes. Return chicken to skillet along with juices that have settled on the platter to rewarm. Serve with our favourite sides.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Uncomplicated tune
6. Gladiator's 1550
9. Sherwood Forest's Tuck
14. American state
15. A-U link
16. Beach dance/game
17. Sea nymph
18. 1979 New Wave hit "Cars" singer ...his initials-sharers
19. Stave off
20. 'And', e.g.
21. Collectively cooperative
23. Coeur d'__ (City in #14-Across)
25. Auction ware
26. Driver's 'green' ride
29. Ms. Moreno
31. Swab-of-saliva scientific stuff
34. American comedy star who co-starred with Canadian comedy star Leslie Nielsen in "The Reluctant Astronaut" (1967): 2 wds.
36. 'Exped' ender (Explorer's excursion)
38. Looming presence in "The Shallows" (2016) starring Blake Lively: 3 wds.
40. Perspective
41. Worked up
42. Shag rug
43. Eternal City
45. Bed, upon rising
46. Toy-made dessert, __-Cone
47. Like some marsh-growing plants
49. Charlottetown, 'The __ of Confederation'
53. Dog in Beetle Bailey
57. Gaming legend
58. Vancouver International Airport's code
59. Bow and __
60. Rose's one-of-some
61. Romanian currency
62. Helmet protectee
63. Fishing net
64. Ambulance destinations, commonly
65. Stability providers at sea

DOWN
1. 'D' of CD
2. Prefix to 'syncrasy' (Mannerism)
3. Mountain lake
4. Thriller, "The Day of __" (1973)
5. Poet's 'far'
6. FOX News anchor Ms. Kelly
7. Package of prechopped vegetables for the home cook, __-__
8. Recede
9. Patriotic action across Canada on July 1st: 2 wds.
10. Rosie's WWII prop
11. "How __ Your Mother"
12. Hillside dugout shelter
13. US campus mil. program
21. Goat-antelope of Japan
22. Informer, to criminals
24. 1937 Lucy Maud Montgomery novel, Jane of __
26. Artist Mr. Degas
27. Hokey
28. Big lake of Russia
30. 1958: "To Know Him __ Love Him" by The Teddy Bears
31. Huntress of Roman myth
32. U.S.-Canadian airspace protection org.
33. Common sports injury site
35. Not us
37. Radiohead lead singer: 2 wds.
39. Chopin musical piece
44. Alley __ (Classic comic strip)
46. Summery hat material
48. Beiges
49. Gig for New Testament preacher John, briefly
50. Old Roman road
51. __-__-tat-tat
52. Country singer Mr. Lovett
54. Loyal
55. Cost
56. Graduation cap birds
59. Call upon

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today starts out with financial promise and good feelings at work. However, issues at home and with family members will be intense and emotional. Caution.

Taurus April 21 - May 21
You're in a good mood this morning, because the Moon is in your sign dancing with lucky Jupiter. Just remember to keep things mellow, especially when talking to siblings and relatives. (People are demanding.)

Gemini May 22 - June 21
On the whole, this is a feel-good day when dealing with others. However, disputes about money and possessions might arise, especially if jealousy is in the picture.

Cancer June 22 - July 23
Relations with others, especially romantic relationships, will be passionate and intense today. Some of you will fall in love with someone because it's simply irresistible. (Cary Grant, where are you?)

Leo July 24 - Aug. 23
You make a great impression on bosses and authority figures today. Do not let something brewing behind the scenes mar your good judgment.

Virgo Aug. 24 - Sept. 23
If you can travel today, you will enjoy doing so. Meanwhile, relationships with a friend might feel super-important today. Take it easy; this is a passing thing.

Libra Sept. 24 - Oct. 23
Be diplomatic talking to parents, bosses and the police today, because issues seem to be do or die — very important. Don't let your passions make you forget your main objective.

Scorpio Oct. 24 - Nov. 22
Be cooperative with others today because the Moon is opposite your sign; you have no choice. It would be wise to avoid controversial subjects.

Sagittarius Nov. 23 - Dec. 21
Disputes about shared property, inheritances and anything you own jointly with others will be intense today. Likewise, any romantic involvement will be intense! (That's putting it mildly.)

Capricorn Dec. 22 - Jan. 20
Obscure conflicts might arise today between you and your partner or close friend. Be careful not to let hidden resentments flare up and ruin a good relationship.

Aquarius Jan. 21 - Feb. 19
A work-related romance or crush might begin for some of you today. If so, this new relationship will be compulsive in nature. Oh yeah.

Pisces
Feb. 20 - March 20
This is a hot and heavy day for romantic partners. However, creative, artistic people will feel just as passionate about whatever it is they're doing.

CONCEPTIS SUDOKU by Dave Green

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				8				

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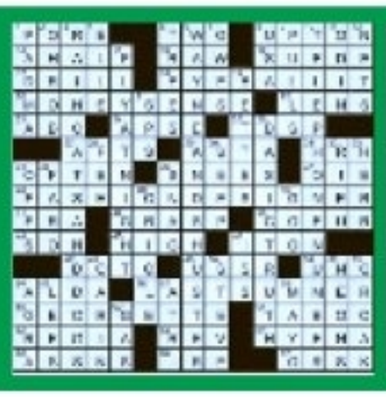
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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1	9	2	7	3	4	6	5	8
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4	8	7	3	9	6	2	1	5

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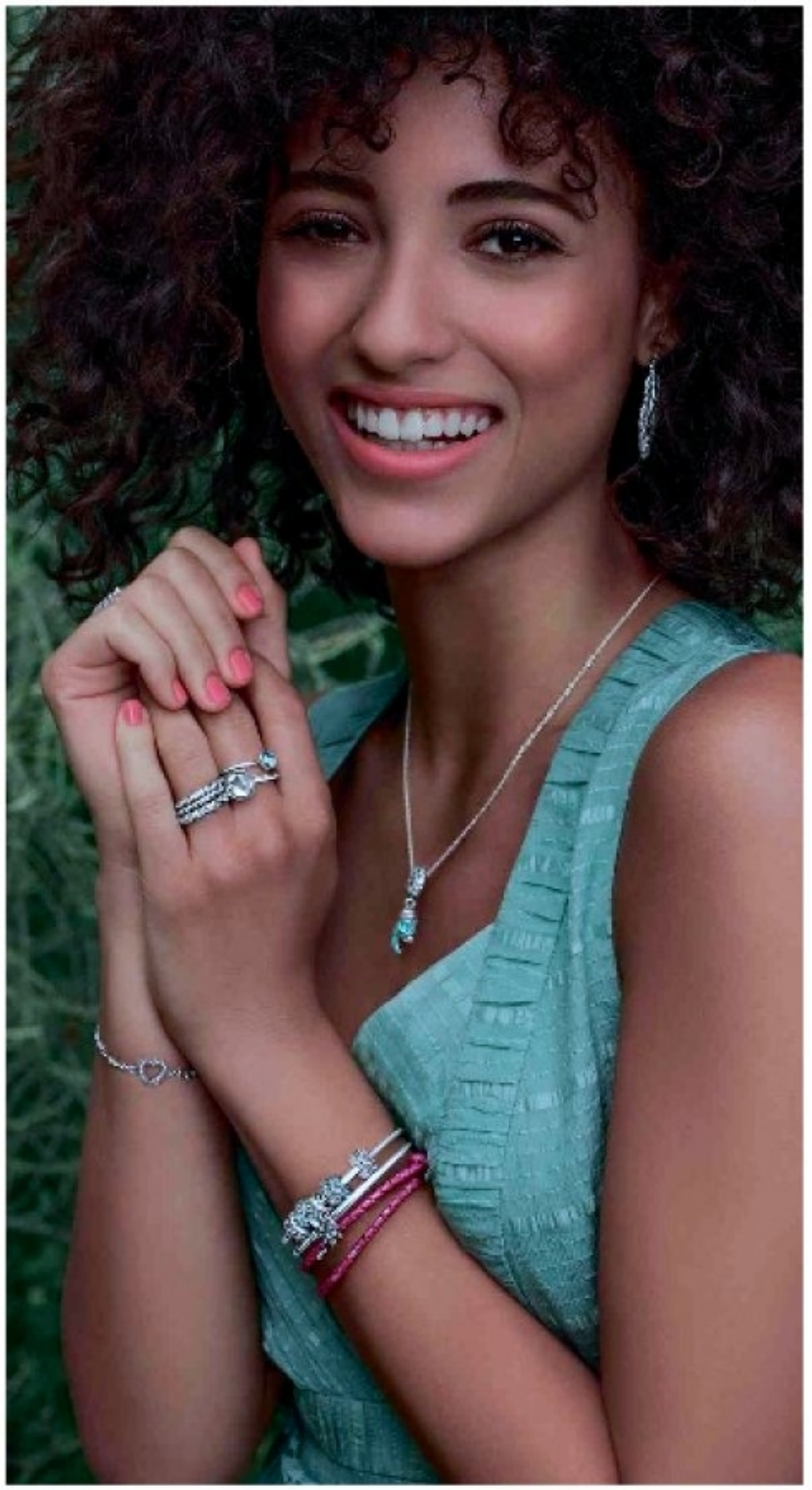

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